# Heilung

**Heilung** is an experimental folk band made up of members from Denmark, Norway and Germany.[1] Their music is based on texts from artifacts of the Iron Age and the Viking Age. They describe their music as "amplified history from early medieval northern Europe".[2] *Heilung* means "healing" in German.[3]

| Heilung | |
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| Heilung band logo | |
| **Background information** | |
| **Origin** | Germany, Denmark, Norway |
| **Genres** | Experimental folk |
| **Years active** | 2014–present |
| **Labels** | Season of Mist |
| **Members** | Christopher Juul<br>Kai Uwe Faust<br>Maria Franz |

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## History

Heilung was founded in 2014 by Kai Uwe Faust, a tattoo artist specializing in Old Norse tattoos, and Christopher Juul and Maria Franz of the trio Songleikr and the progressive rock/pop-rock band Euzen. In 2015, the band released their debut album, *Ofnir*, in self-release.[4]

The band's first performances in 2017 were at Castlefest and at the Midgardsblot Metalfestival. The performance was recorded and released with the title *Lifa* on YouTube and received over 2.5 million views, and as a live album.[5] Their 2017 performance at Midgardsblot was listed as one of the ten best performances of 2017 by Metal Hammer.[6] Later that year, the band signed a contract with the label Season of Mist.

On April 20, 2018, the two previously self-released albums *Ofnir* and *Lifa* were reissued on vinyl and CD.[7][1]

## Style

According to Faust, the name of the band "Heilung", healing in German, says something about the style of the band: "The listener is supposed to be left at ease and in a relaxed state after a magical musical journey that is at times turbulent".[8] The recordings of the band are not limited to music, but also contain poems.

The references to the early ages of humanity is also made by using texts from historical artifacts or historical poems. The languages used are varied, with German, English, Gothic, Latin and Iron Age Norwegian dialects being used.

As instruments, items are used that may have been already available to humans in the Iron Age, such as drums, bones or spears.

According to an interview, the instruments they use are the following (August 4, 2018):[9]

- drums, including one with horse skin painted with human blood, two drums with deer skin and a drum with goatskin
- bones, including a human forearm bone and deer bones

- a buffalo horn rattle
- a clay rattle with human ashes
- a Hindu ritual bell
- antiques from temples
- a reconstructed silver cup from the Viking age
- a Ravanahatha (an ancient Indian instrument)
- numerous other rattles, whistles and percussive instruments

The female vocals of Franz are ethereal, while Faust's throat singing recalls the Tibetan or Mongolian style. Juul uses a chirping whisper as vocals.

As a further stylistic device, elaborately designed costumes are worn by the band members on stage. These are partly based on the "spiritual traditions of the Eurasian circumpolar peoples", or are historically correct reproductions of Viking Age clothing. The band has no connection with modern political or religious concepts.

# Discography

- *Ofnir* (2015) (self-released, reissued 2018 on Season of Mist)
- *Lifa* (2017) (Season of Mist)
- *Futha* (2019) (Season of Mist)

# Accolades

Heilung was nominated in the *Best Underground Band* category for a Metal Hammer Golden Gods Award in 2018.[10]

# References


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